



This Menu **IS SUBJECT TO CHANGE.**
We will continue to update and keep menu as accurate as possible. Low-Fat and Skim Milk offered daily



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Beef and Noodles **1**
Mashed Potatoes/corn
Diced Peaches/ Blueberries
WG Hot Roll

Chicken Fajita **2**
WG Corn Tortilla Chips/Salsa
Baby Carrots
Apple Churro
Orange Wedges/ Tropical Fruit

3
NO SCHOOL

6
NO SCHOOL

BBQ Rib Patty on WG Bun **7**
Baked Beans
Baby Carrots
Diced Pear/ Applesauce
Chips

Beef & Bean Burrito **8**
Refried Beans
Corn
Mexi Rice
Cinnamon Apple/.Grapes

Roasted Turkey **9**
WG Dressing
Mashed Potatoes/Gravy
Green Beans/ Sweet Potatoes
Mixed Fruit/Apple Slices
WG Dessert

10
Cheesy Ravioli
Broccoli/ Green Peppers
Pineapple/ Raisiels
Bread & Butter Sandwiches

WG Chicken Wrap **13**
Ranch/ Honey Mustard
Lettuce/ Peas
Diced Peaches/ Strawberries

Hamburgers on SMB **14**
French Fries/ Baked Beans
Mandarin Oranges
Sidekicks

DC-5th Grade **15**
Popcorn Chicken
6th -12th
Mandarin Orange Chicken
WG Rice
Egg Roll/ Baby Carrots
Pineapple/ Banana

Calzones **16**
Romaine Lettuce/ Cucumbers
Green Pepper Slices
Diced Pears
Fruit Choice

17
Chili
Baby Carrots
WG Crackers
String Cheese
Cinn. Apples
Belly Bears

Chicken Tetrizzini **20**
WG Hot Rolls
Green Beans/ Green Peppers
Applesauce/Pineapple

Cheesy Egg Omelet **21**
Sausage Patty
Tri Tater/ Baby Carrots
WG Cheese Sticks
Sidekicks/ Apple Slices

22
NO SCHOOL

23
NO SCHOOL

24
NO SCHOOL

Mac & Cheese **27**
Mini Corn Dogs
Steamed Peas/ Broccoli
Pineapple/ Sidekicks

Spaghetti with Meat Balls **28**
WG Garlic Toast
Green Beans/ Baby Carrots
Diced Peaches/ Grapes

Chicken Patty on Bun **29**
French Fries/Baked Beans
Applesauce/ Raisiels

Beef Nachos **30**
Salas Refried Beans
Corn
Apple Slices/Oranges
HS.
PB Sandwich

